



"The best way to predict the future is to create it" - Abraham Lincoln

Is Your Child School Ready?

What skills do you think your child needs to be school ready?

It is a common misconception that children should be starting school with academic skills such as knowing letters, numbers and how to write their names. Rather, it is beneficial to focus on daily functional skills that may support your child to have the best foundation for learning.

Opening lunch boxes and packets

Asking for help when needed

Packing and unpacking bags

Things you might like to practice...

Toileting

Taking jumpers on and off

SeeMore's Tips for School Transition

Transitioning from Kindergarten/Preschool into Primary School is an exciting and inspiring time, however it can also be somewhat nerve wracking, navigating all the new experiences and expectations ahead!

Here are 5 things that parents and families can do to help make their journey smooth and worry free!

- 1. Speak positively about the change**
- 2. Acknowledge and discuss your child's concerns**
- 3. Involve your child as much as possible**
- 4. Pay a visit to the new school beforehand**
- 5. Help your child stay in touch with old friends**



It is also not simply about the child being ready for school, but the school being ready for the child!

Whilst the above skills are all beneficial, they are certainly not critical and establishing good communication with your child's new school will help them know more about your child and how best to support their needs!



Complete the About Me sheet with your child and share with their new school.



The Importance of Acknowledging Children's Questions & Feelings.

Acknowledging and addressing your child's questions and concerns regarding their upcoming transition to school is so important for their emotional wellbeing. By letting them know that their feelings and questions are valid, you are providing a platform for them to explore their feelings in a safe and supportive way.

Some common concerns or questions they may have might be relating to 'what if i need to go to the toilet?' or 'how will I get to school and who will pick me up?'

Some simple conversations and even visiting the school and pointing out where the toilets are and where you will meet them after school, can go a long way at putting their minds at ease.

Recommended Books for School Transition

Early Childhood Australia recommends these books for preparing children for this important transition.

1. **Starting School** by Jane Godwin and Anna Walker
2. **First Day** by Margaret Wild
3. **First Day** by Andrew Daddo
4. **Wombat Goes to School** by Jackie French and Bruce Whatley
5. **Look, There's a Hippotamus in the Playground Eating Cake** by Hazel Edwards
6. **Grug Goes to School** by Ted Prior



Summer Safety!

Over the Summer, we will probably all enjoy days at the beach! This will mean that we need to remember some simple things to ensure we stay safe and healthy.

Before we even get to the beach we need to check the UV rating for the day and make sure we wear appropriate sun protection when outside- including sunscreen, hat, sunglasses, and protective clothing.

You can check the UV rating at: www.sunsmart.com.au/uvalert/

Once we are at the beach, we need to remember to swim between the flags and always make sure we have a trusted adult with us when we are in the water. Finally we need to remember to stay hydrated by drink plenty of water and drinks!



ABOUT ME

My name is _____

I like _____

I don't like _____

I learn best when _____
